

Hawaiian Tropics Salad

Makes: 50 servings

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| Ingredients | Weight | Measure |
|--|-----------|-------------|
| Sweet potatoes, pre-cut, frozen, diced | | 2 qt |
| Celery, thinly sliced | | 1 qt |
| Cabbage, Shredded | | 3 cups |
| Raisins | | 3 cups |
| Pineapple, crushed | | 1/2 #10 can |
| Sunflower seeds or chopped peanuts | | 2 cups |
| Mayonnaise | | 1 1/2 cups |
| Yogurt, non-fat, unflavored | | 1 1/2 cups |
| Lettuce leaves, crisp | As needed | |

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|----------------|---------|---------------|
| Total Calories | 146 | |
| Total Fat | 8.2 g | |
| Protein | 2.6 g | |
| Carbohydrates | 17.3 g | |
| Dietary Fiber | NA | |
| Saturated Fat | 1.1 g | |
| Sodium | 55.9 mg | |

Directions

1. Thaw and blanch 1-inch diced sweet potatoes in boiling water.
2. In large bowl, combine first six ingredients.
3. In small bowl, combine mayonnaise and yogurt, blend well. Pour over vegetable mixture. Toss to blend. Cover and refrigerate until ready to serve. To serve, portion with #8 scoop onto lettuce leaves.